East Stroudsburg North High School
Physical Education
Rules and Grading Procedures

The E.N.S. Physical Education Department has devised these rules and guidelines to provide for a positive learning environment in which each student has the opportunity to participate at a successful level.

Rules and Guidelines -

1. Students are to be on time to class.
2. Students are to be prepared for all classes. (see proper P.E. dress below)
3. Students are to participate in all class activities.
4. It is the responsibility of the student to secure all money and or valuables to protect them from theft.
   (you may bring a lock for your class period - it must be removed at the end of each class)
5. Students are to display a high level of respect for classmates, teachers and themselves.
6. Class make ups are up to the discretion of the teacher.
7. You must have a class make up form from your teacher to be admitted into another P.E. class.
8. Written excuses providing the exclusion from P.E. participation (see student handbook)
9. All students are to remain in the locker room until the bell at the conclusion of the period.

Proper Physical Education Dress -

- all students participating in physical education class must change into proper attire for physical activity. Students are to change prior to and again at the conclusion of the class. This procedure is for safety and hygiene.

- **What is Appropriate?**
  - **gym shorts** - no cut offs, no jean shorts....
  - **wind pants or sweat pants** - no other form of long pants
  - **T-shirt** - (see handbook regarding logos)
  - **sweatshirt**
  - **SNEAKERS ONLY - NO OTHER TYPE OF FOOTWEAR WILL BE PERMITTED ON THE GYM FLOOR!**

Grading -

All grading begins at 100% - your final grade will ultimately be derived from the following:

<u>Preparation</u> – being dressed properly for activity
A "0" will be given for each unprepared.
0 = 10% points off your grade

<u>Participation</u> – lack of participation in P.E. activity will result in the loss of 5 percentage points from your grade.